



Llanpumsaint dan drwch o eira a haen o nydden (Dave Robinson)

Llais y Llan Chwefror 2021

Copi dyddiad ar gyfer rhifyn nesaf Ionawr 26 2021

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

www.llanpumsaint.org.uk info@llanpumsaint.org.uk

Mae Cronfa Gymunedol Fferm Wynt Gorllewin Brechfa yn cyfrannu'n arianol at Lais y Llan



Tirlithriad i gau'r hewl ger Felinfach (Margaret Burgess)



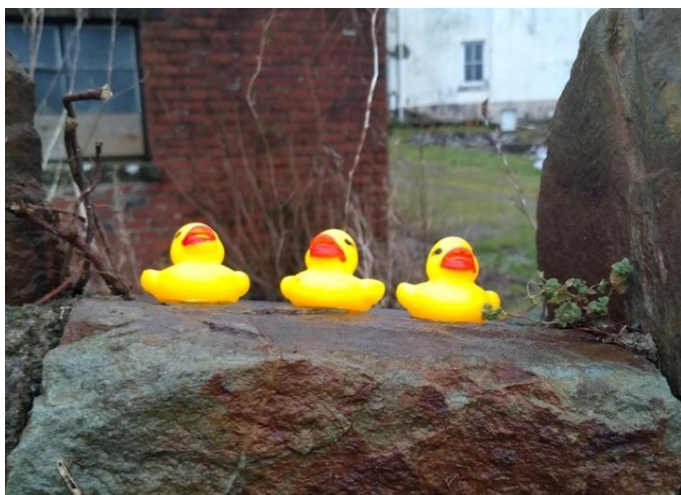
Arwydd o obaith dros Lanpumsaint (Ray Davies)



Arwydd o obaith dros Lanpumsaint (Ray Davies)



Eira dros dir y Rhandir (Rosie Frewin)



Aros am y ras hwyaid Angela and Phil



Emma



Cynheuaf sbwriel Edward a Sylvia

Ogofdy rhith Sion Corn



Cromfach ffwng prydfwrth Carolyn Smethurst



A rhagor o eira Carolyn Smethurst

Cyflenwyr lleol sy'n barod i ddosbarthu neu archebu a chasglu

Gwelir tipyn o wybodaeth am siopau a chyflenwyr ar safle Facebook – Llanpumsaint ar cylch. Os nad ydych yn defnyddio Facebook dyma rai manylion am siopau a chyflenwyr sy'n barod i helpi'n lleol, drwy dderbyn archebion dros y ffon, dosbarthu neu archebu a chasglu.

Tafarn y Railwe Diodydd y tu allan yn unig - 01267 253643 a Facebook

Becky Llysiau a ffrwythau - yn y pentre' bob dydd Iau - 2 o'r gloch ymlaen.

Adrian Thomas - Bara, danteithion a chacennau. Archebwch Ddydd Llun i dderbyn Dydd Mercher – 07971 740505.

Cig Porfa Perffaith - **Nicky Esgair** 01267 253463

Bacwn a Selsig - **Treftadaeth Myrddin** 07468 453770

Siop Gwalia - Ffonio a chasglu 01267 253249

Chris Thomas Abergwili - Ffonio a chasglu – 01267 238363

Castell Howell – Archebu a chasglu ar y We o Cross Hands 01269 846080

Castell Howell - Talu a chasglu o Gaerfyrddin – gwelwch ein gwefan

Farmyard Nurseries – Yn dosbarthu archebion 01559 363389

Pobydd Hafod Archebwch Ddydd Mawrth i dderbyn Dydd Iau 01267 211419

Fan Swyddfa Bost - Dydd Mawrth 1.30pm to 3.00pm, Dydd Gwener 1.00pm to 3.00pm.

Ac wrth gwrs os gewch chi slot mae Morrisons, Asda a Tesco yn dosbarthu – pob lwc!

Neges oddi wrth Gyngor Sir Gar

Mae busnesau yn Sir Gar gyda sefydliadau a grwpiau cymorth cymunedol COVID 19 yn mynd yr ail filltir i gynnig cymorth yr adeg yma. Er mwyn gweld beth sy'n digwydd yn eich ardal ac y ganfod pa gymorth sydd ar gael ewch i wefan y Cyngor Sir.

Gallwch ychwanegu eich busnes i'r rhestr ar covid19community@carmarthenshire.gov.uk

[<mailto:covid19community@carmarthenshire.gov.uk>](mailto:covid19community@carmarthenshire.gov.uk) gan ychwanegu enw'r sefydliad, grŵp neu fusnes, disgrifiad byr ac egluro sut i gysylltu e.e. facebook - y We - E-bost - rhif ffôn. Nodwch hefyd pa ardal rydych yn gweithio ynddi. Gallwn ychwanegu gwasanaethau gwahanol neu rai newydd er mwyn cydweithio i gefnogi ein cymunedau.

Curad Calon Llanpumsaint

Dymar criw bach fu'n gyfrifol am sefydlu 4 Adfy wiwr mwn gwahanol safleoedd yn yr ardal –

Tu fas y Neuadd Goffa SA33 6BZ

Tu fas Tafarn y Railwe SA33 6BU

Ar wal Fferm yr Henfryn tua Ffynnonhenri SA33 6LD

Tu fas Festri Capel Nebo. SA33 6HN

Gosodwyd blwch newydd i'r Adfywiwr ger y Neuadd a diolch i Galon Cymru amdano am ddim.

Diolch hefyd i Wil am ei osod lan a'i gysylltu â chyflenwad trydan y Neuadd.

Os pery rhywun drawiad ar y galon gore gyd pwy gyntaf iddo gael triniaeth yr Adfywiwr er mwyn goroesi. Bydd pob munud yn dyngedfennol ac mi fydd y Gwasanaeth Ambiwylans yn barod i'ch cyfarwyddo dros y ffon nes bod cymorth ychwanegol yn cyrraedd. Gallai hyn ddod o gyfeiriad y Gwasanaeth Tan sydd hefyd/87 wedi eu hyfforddi i ymateb ac aros yno nes i'r Ambiwylans gyrraedd.

Os nad ydych yn siŵr sut i ddefnyddio'r Adfywiwr gallwch fenthyg y pecyn ymarfer oddi wrtho i, a chyfle felly i'w ddangos i aelodau eraill o'ch teulu. Hyd yma ni ddefnyddiwyd un o'r peiriannau yma yn yr ardal, ond pwy a ŵyr pan ddaw galw, felly mae ymarfer ymlaen llaw yn fodd i arbed bywyd.

Carolyn Smethurst 01267 253308 info@gwilimill.com

DIOGELU CYMRU – copi cylchlythyr

Mae'r sefyllfa gyda COVID-19 yn newid yn barhaus ac yn parhau i roi staff a gwasanaethau'r GIG o dan bwysau aruthrol.

Nawr yn fwy nag erioed mae angen i bobl feddwl yn ofalus am ble ddylent ofyn am gyngor ac osgoi pwysau ychwanegol ar y GIG y gaeaf hwn.

Fodd bynnag, mae'r GIG yn dal yno i chi os a phan fyddwch ei angen, ond efallai y bydd y ffordd y byddwch yn cael gafael ar wasanaethau'n wahanol.

Rydym yn annog pobl i barhau i fynd i'w hapwyntiadau ysbyty pan ofynnir iddynt neu i adolygu eu triniaeth. Mae ysbytai wedi mabwysiadu amrywiaeth o fesurau priodol i gadw pobl yn ddiogel, yn cynnwys trin pobl gyda'r coronafeirws neu achosion posibl o'r coronafeirws mewn mannau ar wahân i'r rhai nad yw'r feirws arnynt er mwyn atal y risg o ledaeniad.

Mae'r GIG yn gweithio'n galed i gadw gwasanaethau ar agor gan geisio eich cadw'n ddiogel yr un pryd. Os ydych yn poeni am symptomau parhaus, cysylltwch â'ch Meddyg Teulu. Ar ôl cael cynnig apwyntiad meddygol gnewch yn siŵr eich bod yn mynychu ar yr amser a roddwyd i chi. Mae hynny'n ddiogel. Fel arall, efallai y byddwch yn cael cynnig ymgynghoriad fideo; mae hwn yn ymweliad ymgynghori llawn ond mae'n arbed i chi deithio i'ch meddygfa leol.

Yn ogystal â sicrhau eich bod yn cael cymorth pan fo angen, mae ymgyrch Diogelu Cymru'n gofyn i bobl ddefnyddio'r gwiriwr symptomau ar-lein ar wefan GIG 111 Cymru (111.wales.nhs.uk) neu ffonio 111 am gyngor ar ble i fynd i gael y driniaeth briodol.

Drwy ddewis y gwasanaeth priodol i'ch anghenion gallwn sicrhau nad ydym yn rhoi pwysau ychwanegol ar feddygon teulu, Adrannau Damweiniau ac Achosion Brys a'r gwasanaethau ambiwlans brys wrth iddynt barhau i ymateb i'r pandemig.

Oeddech chi'n gwybod bod fferyllfeydd cymunedol yn cyflawni swyddogaeth allweddol yn helpu pobl, gyda mân anhwylderau ac anafiadau, i gael y meddyginiaethau a'r cymorth priodol. Lle bo'n bosibl, gallwch helpu fferyllwyr drwy archebu presgripsiynau rheolaidd saith niwrnod cyn iddynt fod yn ddyledus. Neu, os oes gennych fân anaf, mae clinigau a all eich trin fel nad os angen i chi fynd i'r adran ddamweiniau ac achosion brys. Gallwch ddod o hyd i'ch clinig agosaf ar-lein.

A chofiwch, os oes gennych symptomau COVID, waeth pa mor ysgafn, mae angen i chi hunanynysu ac archebu prawf drwy ffonio 119 neu mae angen ffonio 111 os yw'ch symptomau'n parhau ac os na allwch ymdopi gartref mwyach.

Mae pawb yn wynebu hyn gyda'n gilydd. Helpwch ni i'ch helpu chi.

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

Ar y foment mae'r Neuadd yn parhau ar gau ac yn methu cynnal digwyddiadau oherwydd sefyllfa covid-19. Fe fydd y pwyllgor yn cwrdd yn rhithiol dros yr wythnosau nesaf i drafod ffordd ymlaen wrth ail agor y Neuadd yn y dyfodol. Diolch

Gwasanathau Capel Nebo

Am fwy o wybodaeth am yr uchod, gellir cysylltu a Meinir Jones, ysgrifenyddes y Capel ar 253532.

Capel Ffynnonhenri

Os am fanylion pellach cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Caersalem - Os byddwch chi am ddod i'r cwrdd, ffoniwch 253895 am fwy o fanylion

Gofal Traed Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwyntiadau. (gofynnir am rybudd o leiaf 24 awr, plis).

CYLCH MEITHRIN BRONWYDD / CYLCH Y GOEDWIG

Cysylltwch â Verona, Arweinydd ar 07929 431652 neu cylchmeithrinbronwydd@gmail.com

Brics Codi Arian - A hoffech chi brynu bricsen i roi ar y wal tu fewn i'r Neuadd? Rydyn ni nawr yn derbyn archebion. Mae angen pump archeb arnom ni, cyn i ni fedru prynu'r brics. Pris y brics yw £50 yr un. Am fwy o wybodaeth a ffurflen archebu cysylltwch â Catrin Eldred ar 07772235243.

Bydd cymunedau yn Sir Gar a Sir Benfro yn cael cymorth ychwanegol wrth i Gyfrifiad 2021 nesáu

Mae'r Swyddfa Ystadegau Gwladol wedi penodi Rheolwr Ymgysylltu'r Cyfrifiad i gefnogi trigolion Sir Gar a Sir Benfro a helpu i wneud Cyfrifiad 2021 yn llwyddiant.

Bydd Nia Taylor, Rheolwr Ymgysylltu'r Cyfrifiad yr ardal, yn helpu sefydliadau, elusennau a grwpiau ffydd ac arweinwyr cymunedol yn y ddau Sir i godi ymwybyddiaeth o'r cyfrifiad a pha mor bwysig yw sicrhau bod trigolion yn cymryd rhan.

Arolwg a gaiff ei gynnal unwaith bob degawd yw'r cyfrifiad ac mae'n cynnig ciplun o gartrefi yng Nghymru a Lloegr sy'n helpu i gynllunio ac ariannu gwasanaethau cyhoeddus.

Bydd gofyn i bawb ledled Cymru a Lloegr gymryd rhan a bydd y wybodaeth y bydd pobl yn ei rhannu yn penderfynu sut y caiff gwasanaethau eu cynllunio a'u hariannu. Yn y pen draw, bydd yn sicrhau bod arian yn cael ei fuddsoddi mewn gwasanaethau brys, gofal iechyd, lleoedd mewn ysgolion a gwasanaethau hanfodol eraill.

Dymwedodd Pete Benton, Cyfarwyddwr Gweithrediadau'r Cyfrifiad: "Mae rheolwyr ymgysylltu'r cyfrifiad a'r cynghorwyr cymunedol rydym wedi'u penodi yn chwarae rôl hollbwysig wrth sicrhau bod pawb yn deall pam mae'r cyfrifiad yn bwysig a gwneud yn siŵr bod pob cartref ledled Cymru a Lloegr yn gwybod pam mae'n bwysig cymryd rhan a sut i gael yr help sydd ei angen arnynt."

Am y tro cyntaf, bydd y cyfrifiad yn cael ei gynnal ar lein yn bennaf, gan ei gwneud hi'n haws i'r rhan fwyaf o bobl lenwi'r holiadur ar unrhyw ddyfais – boed yn gyfrifiadur, yn ffôn symudol neu'n llechen. Bydd canolfannau cymorth lleol y cyfrifiad yn cynnig help, a bydd holiaduron papur ar gael i'r bobl hynny y bydd eu hangen arnynt. Bydd holl staff y cyfrifiad yn gweithredu yn unol â chanllawiau diweddaraf y Llywodraeth ar COVID-19.

Bydd Cyfrifiad 2021 yn cynnwys cwestiwn newydd am gyn-filwyr Lluoedd Arfog y Deyrnas Unedig, ynghyd â chwestiynau gwirfoddol am gyfeiriadedd rhywiol a hunaniaeth o ran rhywedd i'r rhai sy'n 16 oed a throsodd.

Caiff y cyfrifiad ei gynnal ar 21 Mawrth 2021. Er y bydd canlyniadau ar gael y flwyddyn ganlynol, bydd yr holl gofnodion personol yn cael eu cadw dan glo am 100 mlynedd er mwyn eu cadw'n ddiogel ar gyfer cenedlaethau'r dyfodol.

I gael rhagor o wybodaeth, ewch i cyfrifiad.gov.uk

I gael gafael ar eich rheolwr ymgysylltu'r cyfrifiad/cynghorydd cymunedol lleol, defnyddiwch y manylion cyswllt isod: Nia Taylor - nia.taylor17@field.census.gov.uk

Cylchlythyr Llais y Llan

Mioshe Merry ydw i a fi yw Rheolwr Cronfa Gymunedol Fferm Wynt Brechfa. 'Rwy'n gweithio i Antur Cymru sy'n rheoli'r gronfa. [Www.brechfawest](http://www.brechfawest) <<http://www.brechfawest>>communityfund.org.uk Yno gallwch weld rhestr lawn o'r taliadau a ddyfarnwyd hyd yma, astudiaeth o bob achos, gwybodaeth am gyflwyno cais, neu sut y gallwch wneud cais i gynnwys eich hunan fel aelod o'r Panel. Cewch yno hefyd restr o'r cwestiynau amlach sy'n codi.

Dros y ddwy flynedd gynta gwariwyd £1.4 miliwn ar 91 project i'r cymunedau sy'n byw o fewn 6 cilomedr i'r Fferm Wynt. Mae'n deg dweud fod y Gronfa wedi ei ordanysgrifio yn drwm ar hyn o bryd, ond peidiwch adael i hyn eich atal i drafod cais posib gyda mi. Gallwch gysylltu drwy E-bost mmerry@anturcymru.org.uk <<mailto:mmerry@anturcymru.org.uk>> neu ar y ffon 07779 457351. Ni allaf gyflwyno i fudiadau oherwydd bod cymaint ohonynt yn ein dalgylch, ond rwyf yn cynnal cyfarfodydd er mwyn trafod ceisiadau'n fanwl.

Gofynnir yn amyl ar sut i ysgrifennu cais yn drwyadl ond nid dyna mae aelodau'r Panel yn chwilio amdano. Maen nhw am ystyried pa fantais ddaw i'r bobl leol a dylanwad y cynllun. Maent hefyd yn chwilio am werth yr arian a ddosberthir, ac yn awyddus i'r gwaith fydd angen ei wneud cynnig cyfleoedd i fusnesau lleol. Bydd y Panel hefyd yn mesur dylanwad hir dymor y cynllun, oherwydd bydd y Gronfa yma am oes y Fferm Wynt sef pum mlynedd ar hugain. Felly byddant yn pwyso a mesur dylanwad parhaol y cynllun ar y gymdeithas wledig.

Unrhyw un sydd â diddordeb bod yn aelod o'r Panel cysylltwch â mi i gael Ffurflen Gais. Ar hyn o bryd mae gennym le i aelod o ardal Llanpumsaint/Peniel/ Rhydargaeau.

Perchnogion y Fferm Wynt yw RWE Renewables a nhw sy'n ei rhedeg hi, ond y Panel sy'n penderfynu pob cais project. Pwrpas y Gronfa yw gwella a chyfoethogi'r gymuned o fewn 6 cilomedr iddi. Ambell waith cefnogwyd cais y tu allan i hyn ond eithriadau yw'r rhain gyda Chalon Tysul a Chlwb Rygbi Nantgaredig yn enghreifftiau. Arianwyd yn rhannol yn ôl y lles a wnaed i bobl ifanc o'n hardal.

Cefnogwyd Yr Ysgol, Y Rhandiroedd a Merched y Wawr yn Llanpumsaint ynghyd ac astudiaeth o gynllun Siop, newid Adfywiwr, Scanda Vale, cefnogi Llais y Llan am 5 mlynedd a hefyd Cylch Meithrin Bronwydd. Arianwyd cynlluniau mwy o faint wnaeth buddiol i Lanpumsaint fel cyflogi Cyd-gysylltydd Canolfan Teuluol Pencader, gwelliannau yn cynnwys dŵr a thrydan i Neuadd Llanllawddog. Ein cyfraniad mwyaf hyd yn hyn yw £260,000 dros bum mlynedd i alluogi Skanda Vale brynu Skanda Hafan Tŷ Byncer yn Dolgran. Bydd yr elw o'r fenter, agorir unwaith i'r argyfwng presennol fod drosodd, yn gwneud y clafdy'n llai dibynnol ar gyfraniadau gan ryddhau elw cyson i'w galluogi i ehangu eu gwasanaeth rhad i gleifion o 7 diwrnod y mis i 365 dydd y flwyddyn.

Rydym hefyd wedi prynu modur trydan at ddefnydd y cyhoedd gyda safleoedd gwefr. Os am ddefnyddio'r car hwn neu drefnu gyrrwr cysylltwch â Dolen Teifi ar 01559 362403. Gwnaeth cynllun arall ddychwelid cyfleoedd bancio gwledig, pan sefydlodd Save Easy Credit Union safleoedd yn yr ardal. Gellir ei galw ar 01554 770867 am fwy o wybodaeth.

Cefnogwyd Llyfrau Llafar hefyd sydd wedi ychwanegu llyfrau Arwyn Thomas ar Lanpumsaint i'w llyfrgell lafar, gyda'r gwasanaeth yn rhad drwy ffonio 01267 238225. Hefyd os ydych yn awyddus am wybod sut mae cael cymorth i'r rhai sy'n diodde' o Awtistiaeth adeg y Cyfnod Cloi yma; cymorth i'r Gofalwyr dan hyfforddiant TirCoed; neu gefnogi twristiaeth fel rhan o fenter Mynyddoedd y Cambrian yn datblygu safleoedd tywyll i ymwelwyr; yna cysylltwch â mi er mwyn eich cyfeirio at unrhyw un o'r uchod. Mae Cronfa Gymunedol Fferm Wynt Brechfa yn falch o'u cefnogi.

Edrychwn ymlaen at gydweithio er mwyn hwyluso'r cyfleoedd i wella ein cymuned. Moisie Merry 07779 457351 brechfa@anturcymru.org.uk

Ysgol Llanpumsaint

Dymuna'r CRhA ddiolch I pawb am eu cefnogaeth i'r ysgol gyda Pel bonws y loteri, yr ennillwyr lwcus oedd Miriam ac Eliot.

Fe gynhaliwyd Groto Ddigidol eleni a hoffwn ddiolch I Staff yr Ysgol, Santa a Dyfed Telecom am ei rhodd.

Hefyd hoffwn ddiolch I Lisa Jones, Teisen Tlws am gyfrannu elw 8 cacen 'dolig.

Clwb Garddio Bronwydd

Aeth bron flwyddyn heibio ers i ni wrando ar Julian Wormald a gweld ei amrywiaeth hyfryd o lili wen fach. Ar hyn o bryd mae'n lilis a'r bylbiau eraill yn diuno i'n hatgoffa fod tymor yr ardd ar ddechrau. Oherwydd i Neuadd Bronwydd fod ar gau ac yn annhebygol o agor am beth amser i ddod, ni allwn gwrdd nes ein bod ni i gyd wedi derbyn brechiad. Bu'r neuadd ar glo am gyfnod hir a bydd angen ei glanhau'n drwyadl cyn croesawu'r cyhoedd 'nol.

Falle wir na welwn ein gilydd am sbel ac mi allai fynd i 2022 hyd yn oed. Gobeithio eich bod i gyd yn cynllunio'ch gerddi er mwyn mwylhau' awyr iach Felly defnyddiwch y Cyfnod Cloi i ddatblygu eich sgiliau i dyfi llysiau a blodau er mwyn eich bwydo yn gorff ac enaid. Yr ardd wnaeth fy nghadw'n gall adeg y gwanwyn diwethaf, a gobeithio 'r tro hwn eto. Annhebygol iawn yw hi y gwelwn ein Sioe Garddio Flynyddol yn Awst eleni, ond mae Cronfa Fferm Wynt Brechfa wedi addo cadw eu rhodd o £500 ymlaen i 2022, felly cawn hwyl bryd hynny, darn o olau dydd ynghanol y tywyllwch. Felly defnyddiwch y Cyfnod Cloi i berffeithio eich sgiliau gyda'r ffrwythau, llysiau a'r blodau, er mwyn cael rhywbeth i edrych ymlaen ato. Os allwch sbario peth o'ch cynnyrch, yn hadau, planhigion bychan neu lysiau, ffrwythau neu flodau, byddai hyn yn nefoedd i eraill gyda gerddi bychan neu ddim o gwbl. Gall caredigrwydd fynd ymhell ac mae gwir angen ar hyn o bryd.

Os ydych ardd yn edrych yn ddeniadol daclus eleni yna tynnwch luniau oherwydd fydd yna ddwy gystadleuaeth arbennig i'r Adran Tynnu Llun eleni. -- Yr Ardd Flodau Orau yn 2021 - Llun Gorau o Ardd Lysiau 2021.

Cyfarchion gorau i chi a'ch teuluoedd. Byddwn yn cysylltu eto yn yr haf pan fydd y sefyllfa'n fwy eglur ynghyn a'r Neuadd a'r cyfle i gyfarfod. Os dderbynioch y neges hon drwy E-bost wrth Margaret Nolan ac yn gallu trosglwyddo'r neges i eraill yna rhwch wybod i Margaret, fydd hyn yn gymorth iddi, oherwydd mae lot da'i wneud a byddai'n gwerthfawrogi help llaw. Sue Hart.

Arwyddion o Wanwyn

Wedi ffarwelio a 2020 edrychwn ymlaen at well byd yn 2021. Dyma ni yn cwato gartre wrth aros am ein pigiad gan hiraethu am ein teuluoedd a'n cyfeillion. Bu Ionawr yn oer a gwlyb gydag ychydig eira hefyd ond mae yna ambell arwydd o'r gwanwyn i ddod i godi calonau. Mae'r lili wen fach ar agor y cennin Pedr cynta' gyda'u blodau heulog yn ymddangos, a chyfoeth o friallu'n egino ac yn barod i agor pan ddaw gwres.

A'r adar daw llu **** i fwydo ar y peli bloneg. Arwydd pendant arall o'r gwanwyn yn cyrraedd yw ymddangosiad y gwyddau o Ganada, galw mewn am un noson ar ei ffordd i rywle. Mae'r gwahaddod wrthi dros y lle - ddim yn siŵr a yw hynny'n codi calon!

Erbyn daw'r Llais i'ch drws bydd yna lawer mwy o arwyddion calonogol gyda'r dydd yn mystin hefyd.

Carolyn Smethurst

Cyfarchwch bobl ddiarth

Adeg y Cyfnod Cloi gobeithio i ni gyd gadw at y rheolau. Bu Vi a minnau'n hunan ynysi ers mis Mawrth, yn mentro allan ddim ond pan fod rhaid ac yn gwisgo gorchudd bryd hynny. Buom i'r dre ambell waith am siopa angenrheidiol neu bethau meddygol. Daeth bwyd i'r drws yn wythnosol wedi ei archebu fis ymlaen llaw. Felly rydym yn ddiogel ac iach ond yn ofalus oherwydd ein hoed. Felly pan ddaw rhywun lan yr hewl af allan am glonc fach gan gadw pellter Beth amser 'nol cefais sgwrs fach a dau newydd symud i Nantyrnys rhyw dri mis 'nol. Credaf mai eu henwau yw Emma a Ben (gobeithio i mi gofio'n gywir) .Felly croeso iddynt i ardal hyfryd. Cyn yr argyfwng hwn gwelwyd llawer o weithgareddau fel Clwb Swper, Cyri a Chwis, Gorymdaith Siôn Corn Dydd Hwyl a llawer arall. Tueddaf i fynd mhlan a mhlan wrth siarad a rhywun felly os eith hi'n dywyll cyn i chi gyrraedd adre 'rwy'n ymddiheuro. Cadwch yn iach a diogel bawb! Dave

Newyddion Scam

Hwn yw'r scam gwaethaf i mi glywed amdano adeg yr argyfwng yma. Os ydych yn ymwybodol ohono yna dwedwch wrth unrhyw un nad yw'n derbyn Llais y Llan. Erbyn hyn gwahoddwyd nifer i dderbyn eu brechiad, ond mae 'na adroddiadau fod unigolion mileinig yn cysylltu â chynnig brathiad am arian. **Scam yw hyn felly peidiwch roi arian iddynt a gwedwch wrthynt ble i fynd!**

Yr unig ffordd i gael apwyntiad am frechiad yw drwy'r Gwasanaeth Iechyd. Byddant hwy yn cysylltu â chi pan ddaw eich tro i gael eich pigiad. Bydd hyn yn digwydd mewn canolfannau brechi, ysbytai neu Feddygfa. Pan ddaw'ch tro cewch lythyr, E-bost neu alwad ffôn o'r meddyg - mae'r gwasanaeth yn rhad ac ni ofynna neb am arian. Gallwch gadarnhau hyn oll drwy gysylltu â'r canlynol - www.nhs.uk <<http://www.nhs.uk>> Cadwch yn iach a diogel – Dave – Eich gwarchodwr.

Cwtsh Cymru (Gall cymunedau'n cydweithio fod o fydd)

Bydd y cynllun hwn yn cydweithio gyda dioddefwyr gwynegon, gofalwyr pobl a gwynegon, gweithwyr iechyd ac asiantau lleol. Byddwn yn cynnig cefnogaeth, gweithgareddau a gweithdai ac yn rhannu gwybodaeth. Byddwn yn cynghori sut i oddef poen, hunan reolaeth a chadw i symud. Daw hyn ynghyd a chyfleoedd i wirfoddoli er mwyn galluogi dioddefwyr gwynegon i wella a rheoli eu cyflwr gan gydweithio gyda gwirfoddolwyr , gofalwyr a gweithwyr iechyd, a hyn oll drwy weithredu'n lleol.

Yng Nghymru mae 29% yn dioddef o wynegon a bwriad CWTSH fydd ymateb yn gynnar er mwyn rheoli'r sefyllfa a rhoi hyder i bobl fyw gyda'r cyflwr heb deimlo'r ynysig ac mewn poen. Os hoffech fwy o wybodaeth neu'n barod i wirfoddoli neu am wybod mwy am y gwasanaeth cysylltwch â -

Ann Dymoch. Cydlynnydd Gwasanaeth Sir Gar 01554 575170 neu 07999167085
a.dymock@versusarthritis.org

Clwb Cant Llanpumsaint

Mae'n bryd ail ymaelodi - £12 am 12 mis gan gychwyn yn Mis Mawrth. Gwnewch y siec i Clwb Cant Llanpumsaint. I'm cyrraedd erbyn 21ain o Fawrth. Neu gallwch roi'r arian drwy fy nrws. Defnyddir yr holl elw i gynnal a chadw'r cae Chwarae, ardal y plant ac adnewyddu cyfarpar. Rhedir y Clwb gan Gymdeithas Les Llanpumsaint a thynnir yr enillwyr gan yr Ymddiriedolwyr bob yn ail fis. Cofrestrir y Clwb gan Gyngor Sir Gar dan y Ddeddf Hapchwarae 2005. Diolch am eich cefnogaeth drwy'r flwyddyn ddiwethaf yn y gobaith y byddwch yn parhau. Croesewir aelodau newydd - cysylltwch â mi am wybodaeth. Cadwch yn ddiogel - Derick Lock Trysorydd Maesyfelin, Llanpumsaint sa336by 01267 353524

Doreen Ifans

Bydd nifer o'n darllenwyr yn cofio Doreen ifans fu'n byw yn Rose Ctage am flynyddoedd lawer – tipyn o gymeriad! Bu farw'n 93 ar Ddydd Calan. Mae yna ddigon o hanesion difyr amdani ond prin fu'r wybodaeth am ei bywyd cynnar, felly dyma grynoded o deyrnged ei nith iddi ar ddydd yr angladd – “ Ganed Doreen Gloria Ifans (Morgan) ar y 24ain o Orffennaf 1928 yn Llangynnwr. Hi oedd yr ifancaf o bum plentyn, tri ohonynt yn hanner perthyn. John Morgan oedd ei that yn briod a Gwenllian gyda thri phlentyn iddynt, David, Daniel a Peggy. Bu farw'r fam ar enedigaeth Peggy, felly ail briododd John a Hannah ac felly nhw oedd rhieni Ray a Doreen.

Er y cefndir trist codwyd Doreen ar aelwyd gynnes a hapus gyda'r plant i gyd yng nghyd fyw'n ddedwydd yn y Roundhouse yn Llangynnwr. Er mae ifanc oedd Doreen pan dorrodd yr Ail Ryfel Byd cafodd effaith arni wrth yw brodyr ymuno a'r Lluoedd Arfog. Un o'r Desert Rats oedd David dan reolaeth Montgomery yng ngogledd Affrica i ddychwelid, ond lladdwyd Danny oedd wedi ymuno a'r Llynges pan suddwyd y S S Empire Amethyst gan long danfor yr Almaen ger Haiti yn Ebrill 1942. Cadwodd Doreen hances sidan oedd ei brawd wedi anfon adre o Panama ychydig cyn ei ladd.

Gadael ysgol yn 16 i fynd yn lanhawraig gyda Deintydd. Yna cyfarfu a'i gwr Ieuan Ifans i briodi ar yr 20fed o Ragfyr 1952 gan symud i Lwynteg yn Pontantwn. Er na chawsant blant 'roedd Doreen yn hof iawn ohonynt. Yn berson caredig gan roi o'u hamser yn hael i'w nith a nai Bu farw Ieuan yn sydyn yn 1972 ond yn 55 oed, ond ni ail briododd Doreen, gan fyw yn y cartref nes iddi symud i Rose Cottage Llanpumsaint at ei chwaer Ray a Cliff. Pan fu farw Ray arhosodd Doreen i ofalu am Cliff. Wedi iddo yntau farw a'i hiechyd hithau bellach yn fregus symudodd Doreen i gartref Ael y Bryn ger Rhydaman. Mi welir ei heisiau “.

Bolio Dan Do Llanpumsaint a Nebo

Bu bron yn flwyddyn ers i ni chwarae a chyda'r hen fagiau casglu llwch annhebygol yw hi y byddwn wrthi eto cyn yr Haf. Fel paratoad i hynny dyma restr o eirfa'r sgips rhag ofn na wyddoch.

1 Pwysau da – ergyd gwael

2 Llinell dda – pwysau gwael

3 Bowl gefn da - lwcus na laniodd hi yn y ffos

4 Mha honna yn ei ffordd - mha honna yn fy ffordd i.

5 Galle honna fod o fantais lan manna na - mha honna'n agosach atat ti na'r Jac

6 Gwell lwc tro nesa - chefaist ti'm lwc tro na

7 Mae e'n syndod o dda – syndod fod e fyth yn llwyddo

8 Bowlia'i gyda fe unrhyw ddydd - mae e' wastad yn prynu'r rownd gyntaf

Cofiwch gadw llygad arien gwefan - Llanpumsaintsmbc.org.uk

Gwasanaeth Casglu Sbwriel Gerddi Cyngor Sir Gar

Gan ein bod bellach yn gorfod gwneud apwyntiad i fynd i Nant-y-caws, mae'n werth cofio i'r gwasanaeth uchod fod ar gael rhwng Mawrth a Thachwedd. Cost y gwasanaeth am y tymor yw £52.43, ond mae yna ostyngiad o %15 os talwch drwy garden, felly lawr i £45. Bydd y Cyngor yn dod a bin werdd symudol at y tŷ i gwsmeriaid newydd gan ei chasglu bob pythefnos. Bydd eich sbwriel wedyn yn cael eu hail gylchu fel compost. Daw cyngor hefyd am ba wastraff sy'n dderbyniol. Dylid rhoi'r Bin allan y noson cyn casglu. Daw mwy o wybodaeth o'r wefan -

www.carmarthenshire.gov.wales/home/cpuncilservices/recycling-bins-and-litter/gardenwaste

Ffôn 01267 234567

Vi Robinson

Y Gymdeithas Rhandiroedd

Bu'r diwrnodau tywyll gwlyb yn boen i ni gyd ar ben yr argyfwng presennol. Fel pob blwyddyn dyma'r amser 'rwy'n syllu'n obeithiol ar y golau'n cryfhau fesul pum munud bob dydd. Mae 'na arwyddion o dyfiant newydd yn y cloddiau gyda'r bylbiau'n egino (er i'r eira eu cuddio wrth ysgrifennu hyn). Felly dechreuaf feddwl am beth i dyfu yn y rhandir eleni. Felly wrth stablad obiti a meddwl am wanwyn mae'n help i chwythu'r cymylau bant.

Oherwydd y cyfyngiadau presennol penderfynwyd cynnal ein Cyfarfod Blynnyddol ar Zoom eleni. Bydd hyn ar Nos Iau'r 25ain o Chwefror 2021 am 7 o'r gloch. Felly a wneith pob aelod gysylltu â mi neu Ray drwy Ffon, E-bost neu Facebook. Bydd angen i ni wybod cyn y cyfarfod a ydych yn parhau fel aelod, ac mi fyddwn yn rhannu gwybodaeth llogi i mewn gyda'ch.

Os oes yna drigolion yn Llanpumsaint yn awyddus i ymuno a ni una cysylltwch. Gallwn eich ychwanegu ar y rhestr aros gan gysylltu cynted a daw lleoliad yn rhydd ar ôl y Cyfarfod Cyffredinol. Y tal yw £35 y flwyddyn wrth ymuno ac yna £25 wedi hynny Disgwylir i'r taliadau gael eu gwneud erbyn 8 o'r gloch ar y laf o Fawrth

Efalle i chi weld ishe'r tynnu coes y tro hwn, y rheswm am hynny yw nad Keith fu'n ysgrifennu. Hoffwn ddiolch iddo am ei holl waith caled a'i ymroddiad i'r Gymdeithas Rhandiroedd. Rydym yn gweld ei ishe yn barod. Cyswllt -- Rosie 07950 411536 RosieFrewin@yahoo.co.uk Ray – 253157

Siop Gymunedol

Dal yn gryf yw'r ymroddiad am siop gymunedol yn y pentref. Yn Naturiol yn y sefyllfa bresennol gyda'r holl alwadau eraill ni fu'n bosib gwthio'r cwch i'r dwfn fel y bwriadwyd yr amser hwn llynedd. Ond fe ddaw yn y diwedd!

Sharon Frewin

Eglwysi Llanpumsaint, Llanllawddog, Sant Celynin Bronwydd a Sant Alban Cwmdud.

Cofiwch i gyfarwyddiadau Senedd Cymru a'r Eglwys fod yn newid yn gyflym felly dilynwch y diweddaraf ar Facebook, lle gallaf gadw lan a'r datblygiadau.

<https://facebook.com/llanpumsaintbronwyddandllanllawddogchurches>

Parhau gwna gwasanaethau Zoom o Foreol Weddi am naw bore Mercher a deg bore Sul.

Mae cylch Zoom Dot yn parhau o chwech i saith bob Nos Iau i blant rhwng 10 a 17.

Nos Fawrth 16eg Chwefror o 6 tan 7 Parti Pancws Zoom.

Cysylltwch â'r Parch Gaynor i gael dolen gyswllt

Dyma restr o Wasanaethau Cymun mewn eglwysi am 2 o'r gloch.

Cofiwch logi eich lle ymlaen llaw a gwisgo'ch gorchudd

Sul 7fed Chwefror / Sul 7fed Mawrth -- Sant Alban Cwmdud

Sul 14eg Chwefror / Sul 14 Mawrth -- Llanpumsaint

Sul 28ain Chwefror / Sul 21ain Mawrth -- Llanllawddog

Diolch i chi gyd am eich amynedd a'ch dealltwriaeth yn y cyfnod yma.

Parch Gaynor i gaynor@hotmail.com

Heddlu Dyfed Powys - Rhybydd Scam

Derbyniwyd gwybodaeth i rai pobl yn ein hardaloedd ddioddef wrth yr hyn a elwir yn Scam y Rhedwas

Bydd rhywun yn cysylltu yn honni mae Heddlu ydynt, ambell dro o Paddington. Y stori yw bod rhywbeth o'i le ar eich cyfri Banc neu'ch carden. Yna gofyn am fanylion ac efalle rhif eich Pin gan gynnig mynd a'r manylion i sortio pethau mas ac eich arbed rhag gorfod mynd i'r Orsaf Heddlu lleol.

Twyllwyr llwyr yw'r bobl hyn yn ceisio ennill eich ymddiried - felly i amddiffyn eich hunan cymerwch y camau isod.

Peidiwch siarad â nhw

Peidiwch roi eich cardiau i neb.

Rhowch y ffon lawr.

Brociwch eu rhif.

Peidiwch gysylltu ag unrhyw rif a roddwyd ganddynt. Os am siarad â'ch Banc defnyddiwch y rhif ar y garden.

Rhowch wybod i ni amdano – <http://orlo.uk/R9yhM>

Rhannwch y neges hon gyda'ch teulu a'ch cyfeillion ag eraill nad ydynt ar y We

Fe orchfygwn ni!

Mae'r firws yn beryglus ond fe wnawn ni lwyddo.

Peswch sych, annwyd, haint, calon yn raso, ofn yr anweledig.

Gydag arwyddion fel hyn ewch am brawf er mwyn osgoi'r gwaethaf.

Peidiwch gyffwrdd a'r llygaid trwyn na'r geg a golchwch eich dwylo.

Mae gwisgo gorchudd yn gymorth.

Os welwch rywun anhwylyd dwedwch. Wrthynt mae ysbyty amdani

I atal yr haint aros yn y tŷ yw'r peth gorau.

Drwy aros eich pellter byddwch yn fwy diogel

Mae cymorth ein perthnasau yn gymorth i oroesa.

Drwy gadw llygad ar bawb daw'r argyfwng i ben ynghynt.

Cylch Ieuenctid Dot

Shwmae! Fy enw yw Jennie, 'rwy'n 11 oed ac am ddweud wrthyf am Dot, cylch crefyddol fi'n ymuno ag e' wythnosol ar Zoom. I gychwyn Cylch Ieuenctid oedd e' ond fe newidiom ni'r enw i Dot Disgyblion Heddiw (Disciples of Today).

Bûm yn mynychu gwasanaethau'r eglwys ers bo fi'n naw blwydd oed, ond ers y Cyfnod Cloi pump yn aelod o'r cylch ffurfiwyd gan Gaynor. Bob Nos Iau am 6 bydd wyth ohonom yn ymuno a Gaynor ar Zoom. Mae 'na un oedolyn hefyd bob tro, ambell Ficer neu rywun sy'n aelod o'r eglwys. Cawn dipyn o hwyl gyda Dot wrth i Gaynor restru beth sydd angen arnom bob tro, gan roi digon o rybudd ymlaen llaw. Pwrpas y defnydd fydd dysgu gwers grefyddol ac mi fydd yna drafodaeth wedyn a chyfle i fod yn greadigol. Mae gan Gaynor glust i wrando arnom a byddwn yn dysgu rhywbeth newydd bob wythnos a chael hwyl.

Dyma rai o'r pethau diddorol i ni wedi gwneud.

Creu ffurf aderyn allan o sbwriel. gan ddysgu am warchod adar.

Creu papi i Sul y Cofio

Mae gennym fascot sef Dotty y Ddafad sy'n ymuno bob tro.

'Rwy'n diddori'n fawr yn yr eglwys ac yn Weinydd Allor i Gaynor yn ystod y gwasanaeth. Ond nid oes raid gwybod dim am yr eglwys cyn ymuno a'r cylch a chewch groeso cynnes. Ar hyn o bryd rydym o 10 i 13 oed. Os oes gennych ddiddordeb cysylltwch â Gaynor, 'rwy'n siŵr fydddech yn mwynhau.

Benjamin Cross – Yn newydd i'r ardal

Symudais i Nebo gyda'm teulu yn 2018. Buom yn byw mewn tŷ trefol yn swydd Rhydychen am ddeg mlynedd cyn hynny. Felly bu symud mas i dyddyn yng nghefn gwlad Si Gar yn syfrdanol. Ond wedi gweud hynny fyddem ni ddim am droi 'nol. Ar wahân i'r llonyddwch, prydferthwch a hanes yr ardal bu'r croeso'r gymuned yn wresog a chyfeillgar. Gwnaethom ffrindiau newydd, mae'n bechgyn wedi toddi i mewn i'r ysgol leol ac rydym yn teimlo'n reit gartrefol. A bu yna bellach ychwanegiad i'r teulu sef ci bach o'r enw Ludo.

'Rwy'n Archeolegydd sydd hefyd yn ysgrifennu ffuglen ac mae'r gyfrol gynta ar fin ei chyhoedda. Gwireddu breuddwyd! Cychwynnais arni ryw ddegawd 'nol, yna miw'n i'r ail gan ddechrau ar drydydd, pob un wedi eu hysbrydoli gan fy ngyrfa yn archaeoleg. Mae'r stori'n dilyn Callum Ross Athro Archaeoleg ym Mhrifysgol Aberdeen, sy'n cynnal arolwg ar ynys unig yn yr Arctic, newydd ei chanfod. Daw o hyd i Fymi o ia a chorff cynoesol wedi ei gadw gan y rhew. Darganfyddiad arbennig ond un aflonydd. Pam? Oherwydd pwy bynnag yr oedd mi ddioddefodd farwolaeth arswydus a dirgel.

Mae Callum yn awyddus i ddatrys y dirgelwch, ond mae 'na eraill a bwriadau gwahanol a chaiff ei a'i griw eu caethiwo yno. Ac nid y nhw'n unig sydd yno, mae 'na rywbeth arall yn byw yn y lle unig hwn, mae 'na rywbeth arall yn byw yma ymhlith y fflochiau rhewllyd fil o filltiroedd y tu hwnt i unrhyw wareiddiad.

Mae'n stori sy'n symud yn gyflym gyda digon o bryder ac arswyd yn digwydd. A thu hwnt i'r ddihangfa, y wefr a'r troi a thrwstan mae 'na thema goruwch yn rhedeg drwy'r gyfrol. Y brif un yw'r newid hinsawdd. Yr unig reswm iddynt lwyddo cyrraedd yr ynys oedd i holl ia'r môr doddi'n gyflym. Er na fyddwn yn honni i'r gyfrol fod yn alegori, mae'n wir i bopeth sy'n digwydd ynddi (a phopeth sydd yn mynd o'i le) yn deillio o'r fynedfa newydd yma a phenderfyniad anystyriol rhai i ymelwa ar hynny.

Cyhoeddir COLONY mewn clawr papur ac fel llyfr E ar yr 28ain o Ionawr a gellir ei archebu'n flaen llaw o'r siopau - Waterstones, W H Smith a Llyfrau Goldstone yng Nghaerfyrddin. Ceir gwybodaeth bellach, adolygiadau, cyfweiliadau ar y wefan swyddogol - <https://www.benjamin-cross.com/>

Unwaith fydd y Cyfnod Cloi drosodd fy mwriad fydd gwneud darlleniad, cwestiwn ag ateb ac arwyddo rhywle'n lleol. Yn y cyfamser wy wastad yn barod am glonc os welwch chi fi'n cerdded Ludo. Gellwch fy holi am archaeoleg neu am y llyfr o'r pellter angenrheidiol wrth gwrs.

Christopher Morley (ne Benjamin Cross)

Y Tafarnau

Mewn cyfnod hesb pan ein bod oll y tu ôl i ddrws clo efallai iddi fod yn syniad i'n hatgoffa o'u cefndir. Yn bendant bu llawer mwy ohonynt yn y gorffennol na welwch ar agor y dyddiau hyn. Ganrifoedd yn ol 'roedd pawb wrthi'n yfed cwrw gan ei fod yn iachach na dŵr oedd yn cario heintiau'n aml. Felly bu cwrw i frecwast hyd yn oed yn ddigon cyffredin, ond dipyn yn wannach na beth gewn ni heddi. Felly wrth i gwsmeriaid dyrru at ryw grefftwr daeth yn eithaf naturiol i roi cwrw iddynt pan yn aros am y gwasanaeth.

Wrth ddisgwyl newid neu riparo olwyn eich cart yn naturiol ddigon o'dd peint bach yn dderbyniol iawn yn y Cwppers Llanpumsaint. Felly oedd hi hefyd yn y Carpenters Arms yn Bronwydd wrth aros i'r saer orffen y rhaw neu ryw gelficyn. Hen enw am Dafarn Nantcelynin oedd y Clothiers Arms, wnaeth gau ei ddrysau yn y 1850au a thebyg iawn i'r defnydd at wneud y dillad ddod o Felin-fach rhyw chwarter milltir lan yr hewl. Bu yna dri cwar prysur iawn yng nghwm Cynwil a daeth Y Roc & Fownten yn le poblogaidd iawn i leddfu'r holl syched.

'Nol yn Llanpumsaint bu'n naturiol iawn i enwi'r tafarn newydd ger yr orsaf yn Railwe, ond er siom iddo gwrthododd y GWR ganiatâi y Gorsaf Feistr fynd tu ol i'r Bar. Felly adeiladodd dy arall drws nesa ac agor Swyddfa Bost. Lawr yn yr hen bentref aeth Tŷ Mawr y tafarn gwreiddiol yn siop London House ac yna erbyn hyn yn Ger y Llan. Nol yn 1840degau bu tafarnwr Tŷ Mawr yn rhedeg ysgol yng nghefn yr eglwys, cyn i'r ysgol bresennol gyrraedd. Ffaith arall ddiddorol fu i rai o'r Methodistiaid cynnar dan Hywel Harris addoli yn y dafarn hon - o'dd dim i weld o'i le ar hynny. Enwyd nifer o dafarnau ar ol yr Ystadau oedd yn berchen arnynt neu berchen y tir lle'i codwyd. Felly gwelwyd y Cwmgwili Arms ger Pentre Morgan, ar ol yr *ystâd leol, a'r Bronwydd Arms yn perthyn i'r Ystâd fawr honno ger Henllan* uwchben y Teifi. Felly mae lle i gredu i'r Clifford Arms ar waelod Rhiw Graig fod unwaith yn perthyn i'r Ystâd estron honno. Daw enghreifftia eraill i'n sylw fel Dinefwr Arms ac Emlyn Arms.

Efallai i rai ohonoch fwynhau pryd o fwyd yn Tŷ Bwyta'r Forge ar y ffordd i Sanclêr rywbryd. Fel awgryma'r enw Gweithdy'r Gof fu yma'n wreiddiol, a phrofodd y te a'r brechdanau'n boblogaidd wrth i'r cwsmeriaid aros eich tro ger y gweithdy. Mor boblogaidd nes i rai droi lan jyst am y bwyd. Yn y diwedd wrth i'r oes newid taweli wnaeth y morthwyl a'r eingion tra ennill ei phlwyf wnaeth y stecen flasus.

Poblogaidd iawn yw'r Llew Coch, Llew Du a'r Llew Gwyn i gyd yn adlewyrchiad o arfbais teuluoedd bonedd neu frenhinoedd. Dynoda'r Gloch Las i'r lle fod gerllaw eglwys, felly na chi'r Blue Bell ym mhentref Cynwil.

Arwyn 2021



Llanpumsaint under a blanket of snow and a duvet of mist (Dave Robinson)

Village Voice February 2021

Copy Date for next Edition 26th March 2021

Village Voice is published by Llanpumsaint Community Information Exchange www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY



Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice and our website www.llanpumsaint.org.uk. We also receive funding from Llanpumsaint Community Council and all our advertisers. We thank them all for the support.



One of the slips causing the road closure
Margaret Burgess



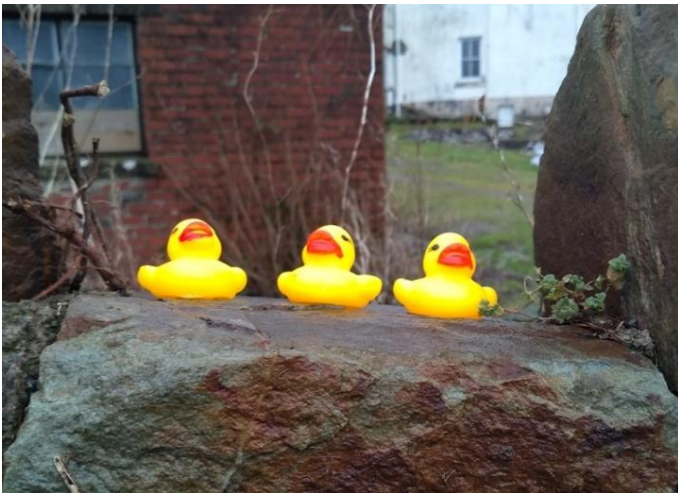
Ray of hope over Llanpumsaint Ray Davies



Flooding Ray Davies



Snow at the Allotment site Rosie Brewin



Just appeared one day, are they waiting for the next duck race? Angela and Phil



Litter pick by Edward and Sylvia



Beautiful bracket fungus Carolyn



Poster by Emma



PTA Virtual Santa Grotto



Another view of the snow

Local traders doing deliveries and/or order and collect

Lots of information about local shops and help in the village on the Facebook site, Llanpumsaint ar cylch. However, if you don't use Facebook, here are details of some traders that will be in the village, will deliver phone orders or operate a phone or click and collect service:

Railway Inn –Closed, but keep an eye on their Facebook, or phone 01267 253643

Becky Veg and fruit in the village from 2.00pm Thursday afternoons – 07969 047045

Pasture Perfect Meat Nicky Esgair 07866 311740

Sausages and Bacon **Myrddin Heritage** 07468 453770

- **Baker Adrian Thomas** order Monday for delivery Wednesdays 07971 740505

Gwalia Stores Phone and collect 01267 890345

Chris Thomas at Abergwili Phone and Collect 01267 238363

Castell Howell on-line click and collect from Crosshands 01269 846080

Castell Howell Shop at Carmarthen Cash & Carry – see website for details

Hafod Bakery Order by Tues 1.00 for Delivery Thursday 01267 211419 info@hafodbakery

Farmyard Nurseries Delivering orders – 01559 363389

Post Office Van Tuesday 13.30 – 15.00 and Friday 13.00 - 15.00

And of course, if you can get a slot, Morrisons, Asda and Tesco will deliver – the difficult is finding a slot!!!!

Please contact Carolyn on if you want to be included here

From Carmarthenshire County Council

Carmarthenshire businesses and support groups are going the extra mile along with Covid-19 community support groups to help and support their local communities.

To see what is going on in our area and to find out what support is available log on to the [Carmarthenshire County Council website](#). If you want to add your business/group to this list email covid19community@carmarthenshire.gov.uk with the business/group name, brief description of what they are doing, how people can get in touch e.g facebook/web link, email and/or phone number and the area that you are working in. We can add new areas and types of service, if they aren't already listed in the drop-down menus. By working together we can help support our communities.

Are you 50+ Love books? Love reading? Love talking about it?

Come and join our friendly Befriending live links Book Club which runs online every other Friday at 11am.

Books we will be discussing over the next few weeks are:

February 19: The Familiars by Stacey Halls

March 5: The Poisonwood Bible by Barbara Kingsolver

For the zoom link and any other details contact sue.lewis@agecymrudfyed.org.uk

Signs of Spring

After 2020, I think we are all looking forward to having a better 2021. Here we are waiting for our jabs, staying at home and keeping ourselves to ourselves. Missing our friends and family. January was very cold and wet at times, with some snow to add to the mix, but we have some signs of spring which lift the heart. Tiny cyclamen come with their white and pink flowers, snowdrops beginning to open, the first early daffodils with their sunshine yellow flowers, primroses spreading out with loads of buds ready to burst open when it gets a touch warmer.

As for the birds, we always get the gang of long-tailed tits feeding on the fat balls at the start of the year. The best sign of spring is the return of the Canada Geese – back in middle of January, just coming in for the day, returning to who knows where for the night. And of course, mole hills everywhere! Not sure that they lift the spirit. No doubt by the time the Voice is delivered, there will be many more signs for us all to enjoy. And lighter nights! Carolyn Smethurst

Llanpumsaint Heartbeat

The 4 defibrillators in the Llanpumsaint area are at the following locations:

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

On the wall outside Henfryn on way to Ffynnon Henry SA33 6LD

Outside the Vestry at Nebo SA33 6HN

Note: You do not need a code to access the defibrillator

If anyone has a cardiac arrest the sooner CPR is given and defib used, the more likely the patient will survive. Every minute is important, and the ambulance service will help you do this on the phone until the first responder arrives. This may be the local fire service who have been trained to do this. They will stay until the ambulance arrives.

If you are not sure about using a defibrillator, you can borrow a training pack from me to show you and the family how to give CPR and how to use the defibrillator. Although none of the village defibrillators have been used, you never know when you might need to help, so just going through the process with a training pack may help you and your family save a life. Carolyn Smethurst 01267253308,

info@gwilimill.com

This small committee needs additional help in providing this important service to the village. If you can help, please contact me at carolynsmethurst@btinternet.com, or phone 01267 253308 Many thanks.

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

Llanpumsaint park remains open. However, everyone using the park is requested to read the Government Guidelines on the posters at each entrance. **NB. DOGS ARE NOT ALLOWED IN THE PARK**

Llanpumsaint School PTA - Easy Fundraising

If you are an Internet shopper, you could help raise funds for the PTA. All you have to do is register at, www.easyfundraising.org.uk/causes/LlanpumsaintPTA or contact Emma Brown for the link.

If anyone in the local community is able to claim £4£ match funding through work or other means and are willing to allow the PTA to claim this match funding, please let Becky James know on 01267 253560.

CYLCH MEITHRIN BRONWYDD/CYLCH Y GOEDWIG

We are excited to continue to provide education and valuable experiences to children aged 2-4 years.

Contact Verona, Leader at 07929 431652 or cylchmeithrinbronwydd@gmail.com

Nebo Chapel Services

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

For further information please contact Danny Davies Treasurer on 01267 253418 or Gwyn Nicholas Secretary on 01267 253686

Caersalem - If you want to join us, please ring 253895 for more details.

Head to Toes Footcare Clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to know when the next session will be held.

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall - Fundraising Bricks

Would you like to buy a brick to be displayed inside the Hall? We are now taking orders. We need five orders in order to make a purchase. The bricks are priced at £50 each. For more information or for an order form contact Catrin Eldred on 07772235243.

Brechfa Forest West Wind Farm Community Fund

I'm Moishe Merry and I'm the Fund Manager for the Brechfa Forest West Wind Farm Community Fund. I work for Antur Cymru who are the Fund Administrators. We are excited to have just launched our new website for the fund www.brechfawestcommunityfund.org.uk. Here you can find a full list of awards made so far; detailed case studies, information on how to apply to the fund or how you can nominate yourself to be considered as a new member of our grants panel; a list of frequently asked questions and much more. In the first 2 years of operation the fund has committed in excess of £1.4 million to 91 projects, that significantly benefit the communities living within 6km of the wind farm.

It's fair to say that the fund is very heavily oversubscribed at present, but please don't let that put you off discussing your potential application to the fund with me. I can be contacted by phone 07779 457351 or email: mmerry@anturcymru.org.uk. I am unable to present to groups as there are so many in the funds area of benefit, but I run regular funding surgeries to discuss applications where we can go through your project idea in detail.

I often get asked about how to write the most professional application, but this isn't what our panel members are looking for. The panel just want to know the benefit to local people and the impact of the funded work. They're also looking for value for money and where possible, are keen local businesses are considered to undertake any funded work to maximise the local benefit of the fund. The panel are also keen for applicants to consider the longer-term impact of their proposed project as the fund will be here for the lifetime of the wind farm (up to 25 years) and is keen to really maximise its long term positive impact on our rural communities. Anyone wishing to be considered as a potential panel member can contact me for an application form. We currently have a vacancy for a representative from the Llanpumsaint/Peniel/Rhydargaeau area.

The wind farm is owned and operated by RWE renewables, but decisions on all awards are made by the grants panel members. The fund aims to support projects that significantly benefit the communities living within 6km of the wind farm. Occasionally we have funded projects based outside of the area of benefit, but only in exceptional circumstances to places such as Calon Tysul or Nantgaredig Rugby Club where we have funded on a proportional basis for the young people in our funds area.

Projects for the Llanpumsaint area funded so far have included: Llanpumsaint School PTA; Llanpumsaint Allotments; Merched Y Wawr; a feasibility study to consider if a community shop is needed; replacement defibrillator cabinet for Llanpumsaint, Skanda Vale and Dolgran; an award towards the costs of the Llanpumsaint website and Village Voice for 5 years and Cylch Meithrin Bronwydd,

We've also funded larger projects that benefit people in the Llanpumsaint area including: the Pencader Family Centre Coordinator's salary; Llanllawddog Hall's recent renovations which included provision of water and an electrical upgrade. We've also made our largest award to date in this area as we've committed £260,000 over 5 years to Skanda Vale Hospice towards the purchase of Skanda Hafan, their new bunkhouse in Dolgran. The income generated from the bunkhouse, once open after Covid restrictions lift, will enable the hospice to be much less grant dependant and will reliably generate enough income to increase their fantastic free residential hospice provision from 7 days a month to 365 days a year over time.

We have also funded a fully accessible community electric car and charge points in the area! If you would like to use the car, or arrange a voluntary driver, please contact Dolen Teifi on 01559 362403. Another award has brought back rural banking to the area by funding Save Easy Credit Union who have set up local service points. You can contact them on [01554 770867](tel:01554770867) to find out more.

We've also funded Llyfrau Llafar who have added local books such as Arwyn Thomas's book, a History of Llanpumsaint to their audio library which can be accessed free by contacting 01267 238225. Likewise if you want information on how to access resources for those supporting or living with Autism in lockdown; support for our many local Young Carers; accredited training with Tir Coed, or support with Tourism as part of the Cambrian Mountain Initiative who are designating local spots for dark skies tourism; please contact me and I can put you in touch with any of these funded projects the Brechfa Wind Farm Community Fund has been proud to support. We look forward to continuing to work with you to get this really valuable resource out into your community. Moishe Merry 07779 457351, brechfa@anturcymru.org.uk

Bronwydd Gardening Club

It has been nearly twelve months since we all met to listen to Julian Wormald and see his beautiful range of snowdrops. Like you, I'm sure, my snowdrops and other bulbs are twinkling away in my garden reminding me of a new garden year just beginning. Given the closure of Bronwydd Hall at present and the fact that it is unlikely to re-open for many months to come, I suspect that we also will not have the chance for our meetings until after everyone has had the full double vaccine dose. The Hall will have been out of action for a considerable time and thus will need to be thoroughly cleaned before it can be open to groups again.

Even though we may not get the chance to meet up until much later this year, or even 2022, I do hope that you are all planning your gardens to provide you and your families with a space to enjoy fresh air and exercise and to help feed your soul as well as your body. I know that my garden was a saving grace to my sanity last spring - and I'm sure it will be in the months ahead. We are highly unlikely to be able to have our Annual Horticultural Show in August but Brechfa Wind Farm have kindly said they will roll our £500 Show grant onward to 2022 so we can have a wonderful celebratory event then. A welcome piece of good news amongst all the darkness. So, use your lockdown to hone your skills on fruit, vegetable and flower growing so that we can have something to look forward to in future Shows.

If you can use your skills to provide seeds, small plants and even vegetable and floral bounty from your garden to others this summer, it would be a kindness to those living in flats or with small gardens. Being kind is something we can all do and we need it now more than ever.

If your garden looks especially bountiful or well-manicured this year take some photos as there will be two special categories in the Photographic section in the 2022 Show - for the best picture of a member's flower garden in 2021 and the best picture of a member's vegetable garden in 2021.

We send all our best wishes to you and your families. We will contact you again in the summer when things become clearer about re-opening the Hall and meeting up once more. Also, if you have received this message as an email from Margaret Nolan AND you can safely pass on the information to members not online, could you drop her an email confirming who you will pass this on to, please? Margaret will have a lot to get through, so would appreciate some help. Sue Harte

Church in Wales (Anglican Churches) of Llanpumsaint , Llanllawddog , St Celynin Bronwydd and St Alban Cwm Duad

Please remember that government and Church in Wales guidelines are changing rapidly the best way to keep up to date with what is happening in our churches is to follow us on Facebook, as I can update info there quickly <https://www.facebook.com/LlanpumsaintbronwyddandLlanllawddogchurches>

Zoom services of Morning Prayer continue at 9.00am on Wednesday mornings and 10.00am on Sundays.

DOTs Zoom Youth group continues on Thursdays at 6-7pm for young people aged 10 -17

Tuesday 16th Feb 2021 6-7pm Zoom Pancake Party

Please contact Rev'd Gaynor for the links -

Eucharist services planned in the church buildings on Sundays at 2pm are as follows. Please remember to book your space in advance and bring your face covering.

Sunday 7th Feb / Sunday 7th March St Alban's Cwmdud

Sunday 14th Feb / Sunday 14th March Llanpumsaint

Sunday 28th Feb / Sunday 21st March Llanllawddog

Thank you all for your continued patience and understanding at this time.

Rev'd Gaynor j_gaynor@hotmail.com

Community Shop

Commitment to developing a Community shop in the village is still strong. Understandably with the current restrictions, the additional pulls on our lives and the capacity of supporting organisations, we have not been able to drive progress as we envisaged this time last year, but we will get there! Sharon Frewin

DOT's Youth Group

Hi, my name is Jenny, I am 11 years old and I wanted to tell you about DOTs which is a Christian youth group that I attend every week via Zoom. When it first started, it was called Youth Group, but as a group, we changed the name to DOTs, which stands for Disciples of Today.

Since I was 9 years old, I have regularly attended Sunday church services, but since lockdown began, I have also been attending a group that has been set up by Gaynor, our vicar. Every Thursday at 6pm, around eight of us join a Zoom call which Gaynor arranges. We also have another adult on each call. Sometimes that is another vicar, or sometimes it is one of the parents that also attend church. I wanted to tell you about DOTs because it is so much fun. Every week, Gaynor sends us a link to join the meeting and gives us a list of what we will need for the meeting. We also get plenty of notice of what we need to have available. This is so that we have materials available that we can use to learn a Christian lesson. We always have a specific subject that we discuss, and we are always encouraged to be creative and discuss what we are learning. Gaynor always gives us time to voice our opinions, and makes time to listen to everyone. We learn something different every week, but it is also loads of fun.

Some of the really interesting things that we have done are;

We made a model bird out of rubbish, where we learnt about the RSPB Bird watching event.

We made a poppy for Remembrance Day.

We even have a mascot! We have "Dotty" the sheep who attends every session too.

I am really interested in Church and during normal times I am even an Altar Server, which is helping Gaynor during the service. However, you don't have to know anything about church to join this group, you will be made to feel really welcome. At the moment our ages range roughly from 10-13. Anyone who is interested should get in touch with Gaynor, I think any young person would enjoy it.

From Dyfed Powys Police

SCAM WARNING | We've received reports that people in our area are being contact by fraudsters as part of a scam known as 'courier fraud'.

Criminals will call you out of the blue, pretending to be police officers, often from Paddington. They'll tell you that they're calling to advise you about fraudulent activity on your bank account or card. They will then move to asking for personal information or even your PIN to verify who you are, before in some cases offering to collect your card from you to save you the trouble of having to go to your bank or local police station.

These callers are criminals, who will try to gain your trust. You can help protect yourself from these scams by following these steps:

- Do not engage in conversation with them.
- Do not allow anyone to arrange collection of bank cards.
- Put the phone down.
- Block the number they called from.
- Do not call any number provided to you during the call. If you need to contact your bank, use the number on your card.
- Report this to us, online at <http://orlo.uk/sjmdS>

You can find out more about courier fraud at <http://orlo.uk/R9yhM>

Please help us by sharing this message with your friends and family, and telling those who may not be on social media.

Llanpumsaint PTA

The PTA would like to thank everyone for their continued support to the School with the Lottery Bonus Ball, this years' lucky winners were Miriam and Eliot

The PTA held a virtual Santa's Grotto and we would like to thank the School Staff, Santa and Dyfed Telecom for their donation.

Also we would like to thank Lisa Jones, Teisen Tlws for donating the proceeds of 8 Christmas cakes.

Just saying hello to Strangers!

During the lock-down(s) we have all done our bit and stayed withing the rules - I hope. Vi and I have been in self isolation since mid March and even when allowed out, we have ventured out only when necessary and always wear masks. We've been down to town a handful of times for vital shopping or medical reasons etc. We manage to get a food delivery every week, booked up 4 weeks in advance so no problem. We are safe and well but being extra cautious due to age etc.

So, whenever we see someone walking up our lane, I pop outside and stand at the gate, socially distanced, and have a bit of a chat. The other day, I did just that and chatted to a couple who had moved here about 3 months ago. I believe that they live in Nant-Yr-Ynys. Their names are Emma and Ben (if I have got Ben wrong - apologies - age thing).

So, welcome to the Village Emma and Ben and family, it's a lovely place to be. Before the pandemic, there were lots of social activities in the Village, Supper Club, Curry and Quiz night, Santa Parade, Fun Days, Fund raising and more.

Also, apologies, when I start chatting, I sometimes rabbit on a bit. I may have delayed you far too long as it must have been dark when you got home. Sorry. Stay safe and keep well everyone. Dave

Carmarthen Council Garden Waste Collection Service

As we now have to make an appointment to visit the refuse tip, it may be useful to know that the service listed above is available between the months of March and November. The service costs £52.43 for the season. However, if you pay in full by credit or debit card you will receive a 15% discount, total cost of only £45. For new customers, when you apply, the council will deliver a green wheelie bin to your home which your waste will be collected from fortnightly. Your waste will then be recycled and turned into compost. They will also advise you of what materials are acceptable. It is advised that you put the bin outside the evening prior to collection.

More info. can be found online at ... www.carmarthenshire.gov.wales/home/council-services/recycling-bins-and-litter/garden-waste/

Vi Robinson

Scam News

As far as I am concerned, this is the nastiest scam I've head of during this pandemic.

If you are already aware of this, please make sure that anyone not receiving the Village Voice are made aware as well.

By now, some residents will have already received their invitation to get the vaccine and maybe already had it. But reports have been circulating about nasty individuals who are cold calling vulnerable people offering them an appointment for the vaccine AND asking for varying amounts of money for the "opportunity".

This is a scam so DO NOT give them any money - just tell them where to go!

The official way to get an appointment is from the NHS website:-

"The NHS will contact you when it's your turn to have the coronavirus (COVID-19) vaccination. The vaccine is being offered at larger vaccination centres, pharmacies and some local NHS services such as hospitals or GP surgeries. When it's your turn, you'll be contacted by letter, text or email with information on how to book your appointment." Some GP practices may also phone you as they should have your contact number and of course they will not ask you for any money!

You can check this out on the following web address.

[How you will be contacted for your coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Hope this helps. Stay safe and keep well.

Your PC and other dodgy issues friend. Dave

CWTCH Cymru (Communities Working Together Can Help)

This project will be working alongside people with arthritis or MSK conditions, those who care for people with arthritis, health care professionals and community organisations, and we will look to develop support and activity groups, workshops and information hubs, which will provide information and support in relation to pain management, self-management, physical activity, and the shared decision-making process. This will be delivered along with a range of volunteering opportunities, empowering people with arthritis to improve and take charge of their health and well-being whilst enabling healthcare professionals and people with arthritis to work together to plan and deliver care and support, including relevant local community services.

In Wales, over 29% of the population has arthritis and CWTCH will provide early intervention and prevention, better support in local communities, enabling people with arthritis to have the confidence and support to manage their condition, to be more independent and less isolated, ensuring that no-one will have to live with the pain, fatigue, and isolation that arthritis causes.

If you'd like more information, would like to volunteer or get involved with the project and learn more about the services we'll be developing going forward please contact: Ann Dymoch, Cydlynnydd Gwasanaeth- Sir Gar Service Coordinator – Carmarthenshire 01554575170 or 07999167085, email a.dymoch@versusarthritis.org

Doreen Evans

Many readers will remember Doreen Evans who lived at Rose Cottage for some years, she was quite a local character! Doreen died aged 92 on New Year's Day. Locals can share many stories of Doreen's time in Llanpumsaint but when Rev'd Gaynor was preparing for her funeral it seemed no one knew much about Doreen's early life. Below is an extract of the eulogy read by Doreen's great niece at her funeral.

"Doreen Gloria Evans nee Morgan was born on the 24th July 1928 in Llangunnor. Doreen was the youngest of five siblings, three of which were half-siblings. Her father, John Morgan, was married to Gwenllan and they had three children, David, Daniel and Peggy. Sadly, Gwenllan passed away during the birth of Peggy. John Morgan later went on to remarry Hannah, with whom he had two further children Ray and Doreen.

Despite these sad circumstances, Doreen grew up in a warm and happy household where she had a lovely relationship with all her siblings. As a child she grew up with her siblings in the Roundhouse in Llangunnor. Although Doreen was just a child when the second world war had broken out, like many her life was not untouched by the savages of war. Both her older half-brothers Daniel (Danny) and David served in the War. David was a Desert Rat under the command of Field Marshall Montgomery in North Africa, whilst Danny served in the Navy. Sadly, only one of her brothers returned home from the conflict. Her brother Danny perished when the navy oil tanker he was travelling, the SS Empire Amethyst, was sunk by a German U-Boat south of Haiti in April 1942. Doreen had kept a silk handkerchief from the Panama Canal that her brother had sent home shortly before he was killed.

Doreen left school at the age of 16 and began working as cleaner at a local Dentist. In adulthood, she met and then married her husband Ieuan Evans on 20th December 1952. They settled into married life and moved to Llwynteg in Pontantwyn. Although they did have any children of their own, Doreen always adored children. She was kind and always had time for her niece and nephew. Sadly, her husband Ieuan passed away suddenly in 1972 at the age of 55 and she did not go on to remarry. She continued to live in her marital home until she moved to Rose Cottage, Llanpumsaint to live with her sister Ray and brother-in-law when Ray became unwell.

Doreen lived independently at Rose Cottage for a number of years, but after the passing of her sister Ray and then her brother in law Cliff, alongside her own health concerns, she moved to Cartref Ael Y Bryn Care Home in Ammanford. Doreen was greatly loved and will be sadly missed."

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

It has been nearly 12 months since we last played bowls and with the bowls bags gathering dust at home it seems highly unlikely that we will play again before the summer. In preparation for our eventual return to play I have included some terminology used by the skips just in case the uninitiated need some assistance.

- "Good weight!" = lousy line
- "Good line" = lousy weight
- "Good back bowl" = you were lucky you didn't put it in the ditch
- "That's in their way" = that's in my way
- "That could be useful up there" = that bowl is closer to you than it is to the jack
- "Get it next time" = you sure didn't get it this time
- "He's surprisingly good" = you're surprised he ever makes a shot
- "I'd bowl with him any day" = he always buys the first round

Don't forget to check out our website Llanpumsaintsmbc.org.uk for any updates on the Club.

The Club usually meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. from September until the end of April. New players are always welcome between the ages of 11 and 99, we have qualified coaches on hand to provide help and encouragement.

For further information please phone our Chair Derick Lock on (01267) 253524 or our Secretary Jill Edwards on (01267) 253474

LLANPUMSAINT 100 CLUB

Dear Members, Subscriptions are now up for renewal - £12 for 12 months commencing in March.

Cheques to renew should be made payable to 'Llanpumsaint 100 Club' and sent to me no later than the 21st. March, please. Alternatively, you can pop the cash through my letterbox.

All profits made by the Club are used to keep the village playing fields, the play area and equipment in good order. The Club is operated through the Llanpumsaint Welfare and Recreation Association and the winning numbers are usually drawn by the Trustees at their bi-monthly meetings.

The Club is registered with Carmarthenshire County Council for the purposes of the Gambling Act, 2005.

Thank you for your support during the last 12 months, which I hope you will continue to give. New members are always welcome, too, just give me a call for further details.

Keep safe, Derick Lock, 100 Club Treasurer, Maes Y Felin, Llanpumsaint, SA33 6BY. 01267253524.

Allotment Association

The long dark wet days have been a struggle of many of us, especially in addition to what is already a challenging time. As with every year, this is the time I look at the daylight hours increasing by five minutes a day and feel a sense of hope! There are signs of new growth in the hedgerows and the bulbs are starting to make headway (despite being covered in snow while I write this), and I for one am being to think about what we'll be growing in the allotment this year. Thinking of the Spring, pottering in the garden and planting out up allotment definitely helps to blow the grey clouds away.

On that note, and acknowledging current restrictions, we are holding a virtual AGM meeting via Zoom this year for members. It will take place on Thursday 25th February at 7pm. Please can all current members contact myself or Ray by phone, email, or facebook. We will need to know before the meeting if you wish to maintain your registration, and we will share log in details for the meeting. If there are any residents of Llanpumsaint who are interested in becoming members please contact us. We will add you to the waiting list and contact you as space becomes available following the AGM. Membership is £35 for the first year, with an annual fee of £25 thereafter, all payments will need to be made by 1st March 8pm.

You may notice the lack of witty anecdote from this edition's allotment update. Well it's because it wasn't written by Keith! I would like to thank Keith for all of his hard work and commitment to the Allotment Association. We are grateful, and your efforts will be (and are being!) missed.

Contact us: Rosie 07950 411536 RosieFrewin@yahoo.co.uk , Ray 253157

Benjamin Cross new resident news!

I moved to Nebo with my family in late 2018. We'd been living in a two-up-two-down semi-detached house in a town in Oxfordshire for the ten years prior, so moving out here to a small-holding in rural Carmarthenshire has been a steep learning curve! That said, we simply haven't looked back. Putting to one side the beauty, tranquillity and history of the area, the community here has been nothing but friendly and welcoming. We've made some wonderful new friends, my boys have settled into the local school, and we feel right at home. So much so in fact that there's been another recent addition to the clan: a little puppy called Ludo.

I'm an archaeologist by profession, but I also write fiction and my debut novel COLONY is about to hit the shelves. It's a dream come true. I first started writing it a decade ago, since when I've written a second thriller and started on a third, all inspired by my career in archaeology.

The story follows Callum Ross, professor of archaeology at the University of Aberdeen. Callum finds himself undertaking a survey on a remote Arctic island, only recently discovered. It's not long before he discovers an ancient ice mummy, a prehistoric corpse preserved by the freezing temperatures. It's the discovery of a lifetime, but it's also a disturbing find. Why? Because whoever it is has suffered a horrific and mysterious death...

Callum is eager to solve the mystery, but there are others who have different ideas, and he and the rest of the team end up stranded on the island. And they are not alone. There is something else living in this ancient place, trapped amongst the ice floes, a thousand miles from anything resembling civilisation.

It is a fast-paced thriller, laced with action, adventure and suspense, and seasoned with a pinch of horror. And beyond the escapism, the twists, thrills and spills, there are several over-arching themes running through the novel too, the main one being *climate change*. The remote island on which the team become stranded is in fact only accessible due to the recent, dramatic reduction in sea ice. While I wouldn't claim the novel as an allegory, it is fair to say that everything that happens (i.e. goes wrong!) stems from this new and 'unnatural' accessibility, alongside the reckless determination of certain individuals to exploit it.

COLONY is published in paperback and as an ebook on 28th January 2021. It is available to pre-order now from all good bookstores – including Waterstones, WHSmiths and Goldstone Books in Carmarthen – and you can find additional info, links, reviews, interviews and other details on the official website: <http://www.benjamin-cross.com/>

Once we're out of lockdown then I'm hoping to be able to do a reading, Q&A and signing session at some point locally. In the meantime, I'm always up for a natter, so if you see me out walking Ludo and you have any questions about the book or archaeology then please do come and say a socially-distanced hello. Christopher Morley (or Benjamin Cross)

STOP PRESS

Police launch Operation Rhinestone – A taskforce to tackle dog thefts. More information or to report incidents email 101@dyfed-powys.pnn.police, or call 101 or 999 in an emergency

STOP PRESS

Closed road B4301 between the Graig and Bronwydd. Work will be starting this week. Will take about 14 weeks

STOP PRESS

Gwyn Nicholas says Welsh lessons available on-line with ZOOM, at all times of day. Details contact Aberystwyth University 0800 8766975

KEEP WALES SAFE from the Welsh Government

The ever-changing COVID-19 situation continues to put NHS staff and services under huge pressure. Now more than ever people need to think carefully about where the right place is to seek advice and avoid extra pressure on the NHS this winter. However, the NHS is still here for you if and when you need it, but the way you access services might be different.

We are encouraging people to still attend their hospital appointments when asked to or review their treatment. A range of appropriate measures have been taken in hospitals to keep people safe, including treating people with coronavirus or suspected coronavirus in separate areas to those who do not have the virus to prevent the risk of it spreading.

The NHS is working hard to keep services running while trying to keep you safe. If you are worried about persistent symptoms contact your GP. After being offered a medical appointment please make sure you attend at the scheduled time. It is safe to do so. Alternatively, you may be offered a video consultation; this is still a full consultation visit but saves you travelling to your local surgery.

As well as making sure you seek help when you need it, the Keep Wales Safe campaign is asking people to use the online symptom checker on the NHS 111 Wales website (111.wales.nhs.uk) or call 111 for advice on where to go to get the right treatment.

By choosing the right service for your needs we can ensure we do not put extra pressure on GPs, Emergency Departments and the emergency ambulance services as they continue to tackle the pandemic. Did you know that community pharmacies play a key role in helping people, with minor ailments and injuries, get the right medicines and support. Where possible you can assist pharmacists by ordering repeat prescriptions seven days before they are due. Or if you have a minor injury there are clinics that can treat you so you don't need to go to A&E? Find your closest clinic online.

And remember if you have COVID symptoms no matter how mild, please self-isolate and book a test by calling 119 or call 111 if symptoms persist and you can no longer cope at home.

We're all in this together. Help us help you. Welsh Government

Census approaches The Office for National Statistics (ONS) has appointed a Census Engagement Manager to support Carmarthenshire and Pembrokeshire residents and help make Census 2021 a success. Nia Taylor, the area's Census Engagement Manager, will help organisations, charities, faith groups and community leaders within the County to raise awareness of the census and the value to residents in taking part. The census is a once-in-a-decade survey that provides a snapshot of households in England and Wales, helping to plan and fund public services.

Everyone across England and Wales will be asked to take part and the information people give will decide how services are planned and funded. Ultimately, it ensures funds are invested in emergency services, health care, school places and other vital services.

Pete Benton, Director of Census and Survey Operations, said: "The census engagement managers and community advisers we have appointed have a critical role in making sure everyone understands why the census is important and making sure all households across England and Wales know why it is important to take part and how to get the help they need."

For the first time, the census will be run primarily online, making it easy for most people to complete the questionnaire on any device – whether that be a computer, a mobile phone or a tablet. Local Census support centres will be offering help, while paper questionnaires will be available for those who need them. All census staff will operate in line with the Government's latest Covid-19 guidance.

The 2021 Census will include a new question on veterans of the UK Armed Forces, as well as voluntary questions, for those aged 16 and over, on sexual orientation and gender identity.

The census will be held on 21 March 2021. While results will be available the following year, all personal records will be locked away for 100 years and kept safe for future generations.

For more information, visit census.gov.uk. To reach your local census engagement manager/community adviser, contact: Nia Taylor - nia.taylor17@field.census.gov.uk

Public Houses

Now that those pubs that remain are temporarily closed it seems opportune to remind ourselves of the past. There were a lot more of them then and their names divulge much about them. For hundreds of years people drank beer in preference to water, safer, healthier, free of infection and available from breakfast on. Meetings of the Parochial Church Council in Llanpusaint were allocated and enjoyed a regular generous beer allowance, which no doubt aided discussion, well up to a point anyway. It became a long established custom for craftsmen to give customers a drink as they waited for a tool to be finished or repaired. At The Coopers Llanpumsaint they'd enjoy a pint whilst the cart wheel was being changed. It was fairly obvious why you'd have called at the The Carpenters Arms in Bronwydd. The Hollybrook however witnessed a name change. Up until the 1850's (when it closed) it was the Clothiers Arms, and no doubt the material came from Felinfach, just up the road where the mill operated. Shut for over a century it re-opened as The Hollybrook public house in 1980 after the Bronwydd Arms ceased. The Rock and Fountain, situated once next to a series of quarries in the Conwil valley, slaked the thirst of those parched stone workers.

Back at Llanpumsaint, The Railway Inn right next to the Station was aptly christened, but the GWR would not allow their Station master who built it to run a pub, so he rented it and set up a Post Office next door. Down in the old village the large house next to the Church changed its name a few times. Now Ger y Llan, it was London House before, when it was a shop. Going further back it was Y Ty Mawr and a pub, once run by a man who ran a School in the back of the Church, before 1864 when the present school was built. It is revealing to learn that when two groups of Methodists fell out in the 18th century, one lot led by Howell Harries began to worship in the pub before the chapel was built. They saw nothing wrong with it then!

Many pubs adopted the name of the landed estate on whose land they were built. A Cwmgwili Arms was once located just beyond Pentre Morgan on the Conwil road, and the late Bronwydd Arms lay on land belonging to the Bronwydd Estate near Henllan Newcastle Emlyn. Clifford Arms, once at the bottom of Rhiw Graig suggests it once part of that distant estate. There are so many dotted around our countryside, Dinefwr Arms and Emlyn Arms for example.

Some of you may have dined at the Forge Restaurant at some point just this side of Saint Clears, and once just a blacksmith shop. Then as customers waited cups of tea and tasty sandwiches were brought out, so tasty that some began to turn up just for the food. Succulent steaks nowadays but that anvil has long gone. The popular Red Lion, Black Lion and White Lion are heraldic reflecting the coats of Arms of Landed Estates and royalty, and the Blue Bell in Conwil reflects it was near the Church, fairly obvious.

Arwyn 2021

Secretarial help required. Hours negotiable - References essential - Good rate of pay. Kindly contact ;Anne Ryder Owen on 01267 253498,landline 07961 218683 mobile.

For Sale – Aluminium greenhouse, 6x8 ft, plus accessories, good condition (just 2 small panes cracked) £125. Buyer to dismantle and take away. Phone Sandy on 01267 253547

PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne - 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask Mathew Jones, 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB	Hollybrook Country Inn Bronwydd 4* Accommodation Pub and Restaurant Tel 01267 233521
G J Isitt & Son ROOFING Free estimates and advice All aspects of roofing undertaken We pride ourselves on our reputation 01267 253425 / 07770 818951	JOHN KERR MOTOR VEHICLE ENGINEER Servicing • Diagnostics MOT preparation • Tyres Gerwyn Villa Llanpumsaint 01267 253560 07980 982025 Email: johnworkshop@hotmail.co.uk
Fferm-y-Felin Farm Guest House and Self-Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com	Cobain Gas Services – Steve Cobain Natural Gas and LPG Gas Safe 568543 Boiler Servicing and Repair Landlords Certs Fires, Boilers, Cookers and Hobs Installation Dryslwyn House Llanpumsaint SA33 6BS 01267 253675 07976384857
Railway Inn Llanpumsaint Pub and Restaurant Open Tuesday to Sunday Drinks only Tel: 01267 253643 Or Facebook for information Wayne and Liz	Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01267 290977 07966592183
Gwili Mill Llanpumsaint 5* self catering - Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers, family holidays & team building www.gwilimill.co.uk 01267 253308	Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing, tyres, repairs Tel: (01267) 253599 JRB & K Thomas Peniel Road Carms SA32 7DR

Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work, All types of Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825	Gwalia Stores Peniel Road 01267 890345 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Newspapers and magazines
Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <i>Window Cleaning, Conservatory Cleaning, External</i> <i>Gutters, Fascia and Soffit Cleaning</i> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine	THE OLD DAIRY DOG HOTEL Seven Brand new luxury kennels Spacious individual kennels with their own covered patio area Underfloor heating for our guests' comfort 18 acres of private grounds to exercise Fully licensed, 30 years' experience caring for clients' dogs To view our kennels phone 01267 281628 or 07717 345277 or email www.theolddairydoghotel.co.uk
Chimney Sweep Open Fires, Woodburners Surveys, Remote Control Camera Competitive Rates And Handyman and Gardening Call for details Andrew On 07813 963175	 Hafan Holistaidd Holistic Heaven Adweitheg / Reflexology Tyluno / Aromatherapy Massage Indian Head Massage Thermal-auricular (Ear candling) Reiki Meleri Brown MAR mels.brown@hotmail.co.uk 07855488660 Therapy Cyflenwol – Complementary Therapist Penllwynuchel, Nebo, Llanpumsaint, Caerfyrddin, SA33 6LT
Massage Therapist Alexandra <u>Boucher FHT</u> 07516 005146 alexaboucher110@hotmail.co.uk Swedish Massage – full & part body Indian Head Massage Gwernen, Llanpumsaint, SA33 6BY 	Experienced Gardener available for all your needs:- Grass cutting - Hedge cutting - Pruning Flower borders - Vegetable gardens Fencing and much more For more details/quotes, please contact Brian Taplin 07778796794 or 01267 253097 (lives in Llanpumsaint)
 MYRDDIN HERITAGE SAUSAGES & BACON made in LLANPUMSAINT plus other LOCALLY PRODUCED PRODUCTS DELIVERED TO VILLAGE RESIDENTS FOR FREE check out the shop at www.myrddinheritage.co.uk use FREE DELIVERY promo code: LPS100	Local Business? You can advertise here for £50 Includes an advert in Village Voice for 6 issues, Plus a webpage linked to yours on www.llanpumsaint.org.uk Or just £5 an issue for advertising in Village Voice Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

Much of the information contained within this newsletter has been provided by the contributors. Whilst every effort has been made to ensure that the information is correct, the committee of Llanpumsaint Community Information Exchange is not responsible nor liable for any actions taken from use of content and the opinions expressed within this newsletter.